

The BCC Hornet



Vol. I, No. III

November 18, 2000

Broome Community College Student Newspaper

Ghosts, Goblins and a Pie Full of Face

You can have your pie and eat it, too. And fifty bucks to boot if you can glom it down before anyone else can. It helps if you can breathe through whipped cream. And, oh yes, you can't use your hands. Rick Laganieri knows all about it.

Rick got a nose full of whipped cream at the Oct. 26th common hour

Contest and Pie Eating Contest, where he and nine competitors each squared off against slabs of pumpkin pie.

Laganieri won the \$50 first prize and he didn't look like he was going to use it to buy more pie. Rachel Saddlemire won the \$25 second prize and Kris Whitmore came in third; good for \$15.

Of course a free piece of pumpkin pie made all the contestants winners. Except for the owner of the faint voice who muttered, "I hate pumpkin pie."

Preceding the pie-eating contest, a parade of ghosts, goblins, super heroes, pirates and a chain gang

center, chasing the \$100 first prize in the annual Common Hour Halloween Costume Contest.

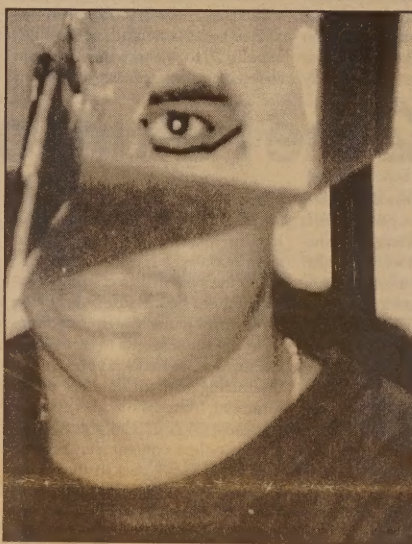
Dawn Alfonsetti, dressed as Mary Catherine Gallagher, came away with the C note first prize. The \$75 second prize was split six ways. That's \$12.50 each for those on the way to the Math Lab. They

were: Marielle Zuccolo as Queen Juno, followed by her handmaidens, Rachel Hudgins, Julie Mahar, Chris Keeler, and Nathan Gismot.

Third place was a tie between Rachel Saddlemire as Tigger, and Sahil Shah as Batman. They received \$50 each.



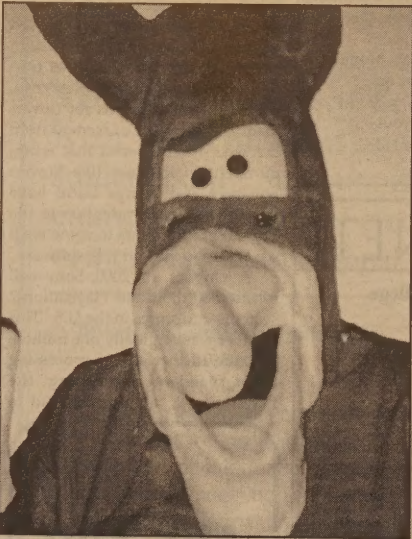
A lady in waiting does NOT like to be kept waiting.



Holy third prize, Batman.



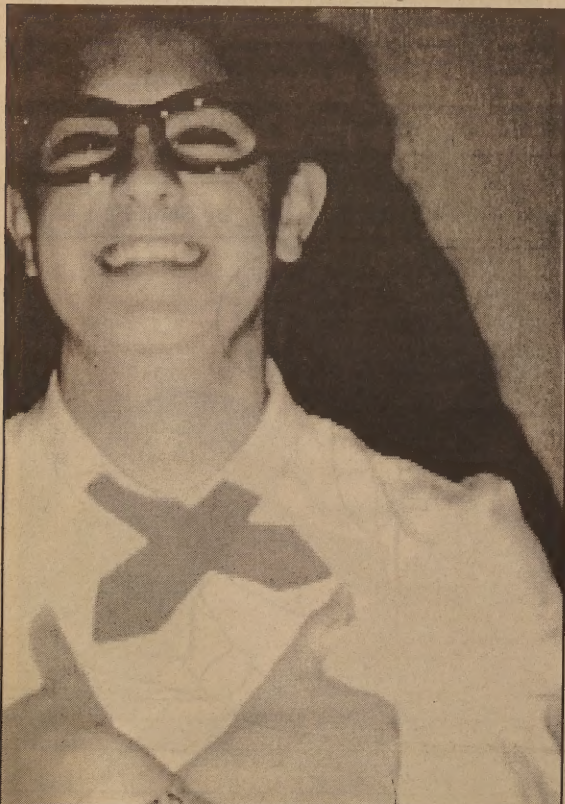
Dominatrix. 'nough said.



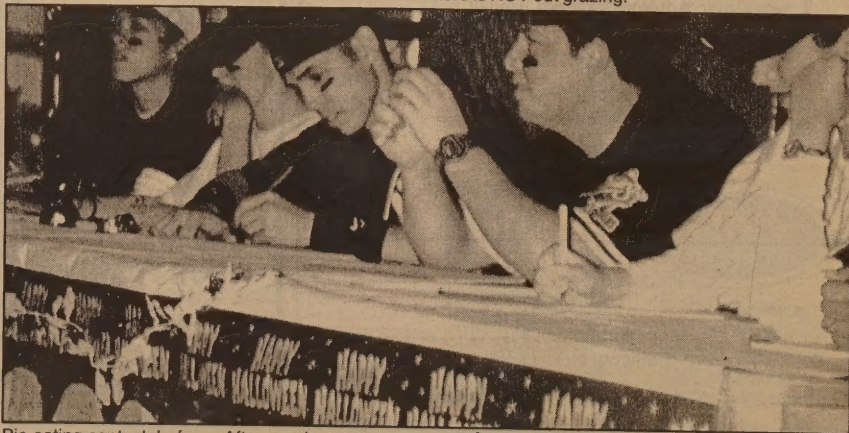
The Roid. . . Sorry, make that the Noid.



Marielle Zuccolo. The Queen of the Herd. No! The herd is NOT out grazing!



Mary Catherine Gallagher was worth \$100 to Dawn Alfonsetti. Dawn was the first prize winner



Pie eating contest, before. After was just too messy to look at.

The History of PEZ

BY ELIZABETH HENDERSON
Staff Writer

Do you ever wonder about those funny character heads on stems, that dispense candy? You know, the stocking stuffers. What I'm referring to is the dollar priced candy PEZ dispensers. PEZ candy is not only a candy, but a pioneer of interactive candy, that is enjoyable to eat and fun to play with. Boasting a fun variety of colors and flavors, PEZ continues to be enjoyed by generations of Americans. We as consumers may only pay a dollar for them at a convenience store, but a collector (known as a PEZ head) in Portugal spent up to \$4,000 dollars on a one-of-a-kind advertising regular in 1997. Other PEZ have been sold for over \$1,000 each.

Now that I have your attention, let's learn a little history of PEZ candy. PEZ candy originated in Vienna, Austria by a man named Edvard Haas III, in 1927. He originally made the dispensers for adult

smokers. The heads on the stems, were in fact, not heads at all, they were designed to look like cigarette lighters. Top licensed character's heads actually did not get put on the stems until the move to the United States.

In 1973 PEZ built a U.S. plant in Orange, Ct., and by 1990 the factory had doubled in size, thanks to PEZident Scott McWhinnie. Before 1970, PEZ Inc. was called Haas Food Mfg. Corp. and their motto was, "A treat to eat in a puppet that's neat!"

The factory is now open 24 hours a day, all year round for the children, who come from all over the country. Over three billion PEZ candies are consumed annually in the U.S. alone. The funny thing about all the sales is, PEZ candy does not, or never has, advertised or sold shares of stock. When you see magazines or newspaper articles or even an advertisement on TV, the ad is all done by fans. These advertisements are out of company

hands and presented by collectors and fans of all ages. With fans in over 60 countries that buy and sell PEZ dispensers, including Taiwan, Canada, Greece and Mexico, that is a lot of free advertisement.

The word PEZ originated from the German word for peppermint (Pfefferminz), they took the first, middle and last letters to come up with the word. PEZ has over 300 different character heads, and that's not counting the hundreds of variations done to each. Such as different colored mouths, facial expressions, hats, and stems. Feet were not added to the stems until 1982 to help the PEZ stand on end. If you're a collector (like I am) then that's what makes it tricky or entertaining.

There are always new and entertaining PEZ dispensers that are introduced regularly to add to your collection. Each collection includes a certain amount of PEZ, usually 7 to 8, and they contain different groups of characters, for

example Disney, Warner Bros., the Flintstones, and the Peanuts gang, but then it gets more complicated. After you have each member of the category, then you have to get, "usually" at least two facial expressions on each, different colored stems for each and either with or without feet. This is what makes collecting them so hard. You have to be a very committed person and have a lot of patience in order to be a true "PEZhead". You can find the PEZ dispensers you are looking for almost anywhere. There are over 50 Web sites online for PEZ candy. You can get anything, from where to purchase your PEZ, to prices, to their history. You can even chat with other PEZ collectors and compare collections. There are also hundreds of books out there, most written by collectors and fans, that can give you information about almost everything you want to know, except on the very first PEZ that ever came out. For some reason no one knows

or if they do they are keeping it a secret because I could not find that information anywhere. I do know that the newest PEZ to be issued is the Jack in the box set, going for \$10 apiece.

Now on the most enjoyable flavors of PEZ candy. The flavors that are available are assorted fruit like grape, lemon, orange, and strawberry. The original flavor of peppermint is coming out as the newest flavor and sugar-free. Flavors of the past are chocolate, licorice, coffee, and flower which are discontinued now. Hopefully in the future they will create new, more interesting flavors. PEZ contains 35% Vitamin C but nothing else on the healthy scale. What candy does?

Hoping you are enlightened on PEZ dispensers and the candy and maybe now you can take advantage of the fun world of PEZ. It is a part of our U.S. history. Pictures of the PEZ factory are included. I hope you enjoy them.

Is Playstation 2 the Future of Entertainment?

BY ANTHONY SURA
Staff Writer

"Playstation 2 is the future of entertainment," Sony CEA boss

Kaz Hirai told the press at the electronic game show this past April. It seems like the usual claim or somewhat of an arrogant claim, right? After all, PS2 is just another game system in the never-ending war for

game superiority.

Since it was first shown in Tokyo in March 1999, Sony's decision makers have been keen to stress the system as a computer entertainment box. Aside from being a powerful game system, the long-term intention seems to be to push PS2 further, to make it your way of interacting with all kinds of entertainment, from the obvious, like the games to DVD movies and eventually to online content that will allow you to take part in live game shows, online tournaments and huge interactive worlds. Within the next five years or so, you will see Sony push it's digital entertainment strategy through the PS2. We'll see the system driving all manner of entertainment forms.

Once broadband Internet connections become more widespread, we'll see it as a means for downloading all manner of content from the web. It's no secret that entertainment visionaries like Steven Spielberg and George Lucas have been paying close attention to the PS2, and in the years to come we'll see their touches on this software.

On Oct. 26, 2000, Sony will release 500 thousand Playstation 2 systems into stores in the U.S. This number was originally one million, but due to the lack of processing chips used in designing the Playstation 2, that number had to

be cut. Based on the projections from all the major retailers like Wal-Mart, Target, Sears and Best Buy, to game-specific stores like Babbages and Soft Ware Etc., it's likely that the PS2 will sell out within hours, if not minutes. More systems are expected to be shipped before Christmas, and it's likely that we could see anything up to 1.5 million PS2s in U.S. homes by the end of the holiday season. That would make it easily the most important and impressive consumer electronics launch in history.

Regardless of all the computer entertainment objectives of the PS2, at the end of the day the most important thing to the majority of us is the games. No system has gathered together a development community like the PS2, and over the next year we'll see more than 200 games released.

There should be a large selection on the 26th, but each week after that we'll see more and more games hit stores. Madden NFL 2001, produced by EA Sports has already been dubbed the best football game ever made. Along with EA Sports come NBA Live 2001, FIFA 2001, NHL 2001 and NASCAR 2001. EA Sports also threw it's hat into

the ring with it's first snowboarding game, SSX, which also has been named one of the top five games for the PS2. Another game to watch out for is Tekken Tag Tournament. It has proved to be immensely successful in Japan and will no doubt be just as popular here.

As you already know, PS2 is a multi-functional device. It can play PS2 games, and also acts as a fully featured DVD player. The digital nature of the format is just the beginning. DVDs are divided into chapters so you can jump to individual scenes in a movie.

The immense amount of data that the disc can hold also allows for all kinds of other cool options. Discs come with numerous amounts of extras like the making of movies and documentaries and multiple audio tracks so you can watch movies with commentary from the director or writer.

They also have deleted scenes you can view along with behind the scenes footage. All of these visual effects get topped off with the sound quality DTS and Dolby Digital, which are the exact sounds that you hear as if you were in a movie theatre.

Talk To Me

This is your newspaper. If it is to be successful, you must use it. Read it. Respond to it. We can increase it's size if you help by letting us know what you are doing today, and what you will be doing tomorrow and next week. We want to know what you think.

What's right with BCC? What's wrong with BCC? How can BCC be a better place for all?

If your club is having a meeting or planning an event, please call us at 778-5110. Leave a message and a number, we'll get back to you. Let us know about fund raisers, trips or if your band is looking for a bass player.

The Hornet Office (S-107B) is open from 11 a.m. to 1 p.m. Monday through Friday. Sarah Medve is on duty from 1:30 to 3 p.m. on Tuesday and Thursday.

We ask only that your comments be responsible and your opinions be informed. The Hornet is your forum. Use it.

- Your editor, Grover Craig

THE BCC HORNET

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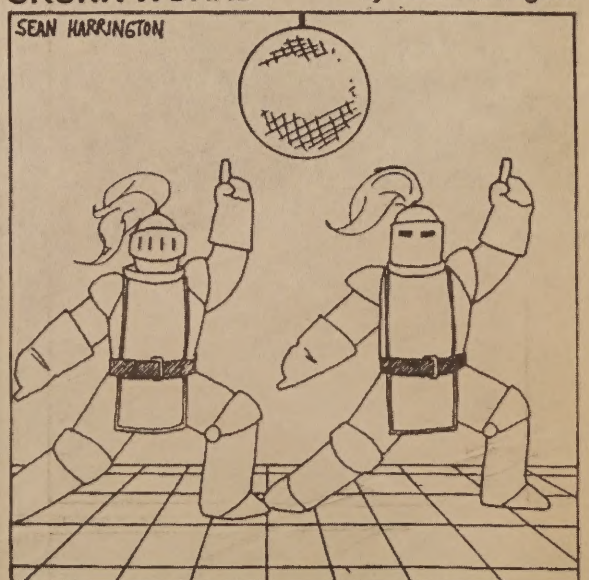
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SKUNK WORKS

by Sean Harrington



Boogie knights.

Domestic Violence, Creating a 'Safe Plan'

BY MARY LIGOURI
Director of the Student
Health Services

Approximately FOUR MILLION WOMEN are battered each year—one every 5 seconds—by their partners. Domestic violence is defined; as a pattern of coercive behavior in an intimate relationship whereby the behavior of another person is controlled through manipulative acts of humiliation, intimidation, fear, and often intentional physical, emotional and/or sexual injury. Batterers also commonly use economic abuse, isolation, and intimidation to exert power over their partners. Domestic

violence crosses all ethnic, socioeconomic, and age groups, and is also prevalent in same sex relationships. The heart of the problem is always an imbalance of power. The abuser learns that coercion "works," that it's effective in controlling the relationship and in reinforcing the power imbalance.

If you are in an abusive relationship consider creating a "SAFE PLAN" to increase your safety (and your children's) when preparing to leave the relationship. The check-list below contains information regarding documents/identification, health, legal, personal, financial and other. Each person's

plan may be different. The check-list is only guideline:

- (1) Plan an escape route of where to go for help, include in your plan means of transportation/alternative route/extra set of keys, copies of important documents, and some extra clothes;
- (2) Identify a support system of HELPFUL and TRUSTED people who will maintain your confidence (family, friends, church, community);
- (3) Financially, it is important that you keep some money available so that you can access it quickly;
- (4) If you have government checks, etc. suggest direct deposit

into an account with your name on it;

- (5) During an explosive incident avoid arguments in the bathroom, garage, kitchens, near weapons or in rooms without access to the front door. Arrange with a neighbor to call 911 if they hear or know of any violence going on in your household. Create a code word to use if you are in danger and unable to speak openly.
- (6) Know where there is safe house/shelter to go to;
- (7) If you have children they too need to be informed of the plan and told not to talk of the plan openly, only with those people that you have identified as safe and helpful people.

If you need assistance with creating a "safe plan" or are in a violent relationship and need assistance contact one of the following resources:
BCC Student Health Services located in the Science Bldg. 103
Phone 607-778-5181
BCC Access Center located in the Student Services Bldg.
Phone 607-778-5210
or
SOS Shelter Inc... Open 24
Hours Phone 607-754-4350

Ref: National Center of Continuing Education for NURSES and Family Violence Resource Manual, Mass., November 1997.

Santa Claus, Start Your Reindeer

BY GROVER CRAIG
Editor

All that separates us from the shopping day countdown until Christmas, is Thanksgiving, but Student Activities is not waiting to make plans for their fifth annual 'Giving of the Toys.'

This year the 'Giving of the Toys' will take place Thursday, Dec. 7 at the 11:00 a.m. common hour by the toy box outside the Student Center.

Center.

More than 50 clubs, departments, athletic teams, offices and campus organizations will combine to get BCC ready for the holiday season. Each group tries to bring toys appropriate to their organization. In past years, the finance office has donated toy cash registers and calculators, the basketball team has given basketballs, and Phi Theta Kappa gave books and games. The administration,

oddly enough, gave puzzles.

The toys will be presented to Santa and then forwarded to Toys for Tots.

The need increases each year and this year is no different. Students

are also encouraged to bring a gift suitable for children to eighteen years old.

In return you will get hot chocolate and donuts and the good feeling that comes from giving to someone who otherwise would not have.

Any one interested in participating can contact the Student Activities office at 5033.

Forgotten Shadows at BCC Little Theatre

BY CHRIS KEELER
Staff Writer

The third production of the BCC Little Theatre for the Fall 2000 season is a group of three short plays under the title of "Forgotten Shadows." According to theatre director Angelo Zuccolo "Forgotten Shadows" deals with alienation and life on the edge. Each play

takes a hard look at how people cope with life-changing events in their lives.

The three plays being performed are *Hopscotch* by Israel Horovitz, featuring Erin Schermerhorn and John Christopher Wray; *The Two Way Mirror*, A BCC world premier authored by Joseph Santangelo, which features Heather Wagner, Ben DeBlock, Jennifer Corso and R.N. Stamper, Sr.; and *The Zoo*

Story, with Angelo Zuccolo and Aiden Ahearn. All three plays are directed by Mr. Zuccolo.

"Forgotten Shadows" will be presented Friday, Saturday and Sunday, November 17, 18 and 19, 2000. Curtain is at 8:15 p.m. Admission: Students and Seniors \$5, General \$10. For ticket reservations call the box office at 778-5191.

Binghamton Philharmonic Music Director added to Walk of Fame

A star on the Binghamton Walk of Fame was dedicated to John Covelli, Music Director of the Binghamton Philharmonic on October 12, 2000 in the courtyard of the Metrocenter at 49 Court Street. The ceremony, attended by Senator Thomas Libous, Mayor Richard Bucci and a representative of the Broome County Executive's office, celebrates the achievements of the Philharmonic under his leadership.

Maestro Covelli has improved the caliber of playing in the orchestra. His solid musical foundation prepared him to tackle the many dimensions of his contemporary career. His successes span the worlds of orchestra, solo piano, chamber music, opera, ballet, Broadway, recordings, film and

theatre.

As music director of the Binghamton Philharmonic, he introduced multi-media events to the concert hall, and broadened the appeal of classical music to create more diverse audiences.

Maestro Covelli has performed with superstars from every corner of the entertainment from Buddy Rich, Mel Torme, Al Hirt, Cab Calloway and Pete Fountain to Judy

Collins, Glen Campbell, Maureen McGovern, Florence Henderson, Joel Grey, Christopher Plummer, Mel Tilles, the Fifth Dimension and Doc Severinsen.

He has also received the Kennedy Center Alliance Award for Distinguished Service to the Arts.



Maestro Covelli

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Stretching and Running: A Love Story

BY KELLY JUNE
Staff Writer

Runners of all different shapes and sizes are suiting up to run in the Binghamton snow. We all know how horrible winters in this area can be, but with more and more people becoming aware of new health issues resulting from lack of exercise, we have seen an almost unsurpassable lean towards running for health. With yet another Binghamton winter on the way, what better time is there to make readers and runners alike aware of the different injuries that can result from improper warm-up techniques?

Running is an excellent way to gain optimum health benefits – decreased blood pressure and resting pulse, and increased metabolism are just a few benefits to long-term running. This exercise can also lessen your stress level, which in turn makes you a healthier person. With all of the benefits running is associated with, it is no wonder that many more people have begun their own running programs.

Unfortunately, many runners have no idea of how to properly stretch before and after running, or even that they are supposed to stretch before and after as well. To complicate this further, many runners do not know how to tell when they have a running-related injury that could worsen if they continue their running program.

Many people have become familiar with the concept of no pain, no gain. If it doesn't hurt, it doesn't help. This is false. Pain means your body needs rest, plain and simple. With the information that follows, all who are itching to run will be able to understand the concept behind stretching and the way to avoid injuries, as well as typical injuries found among runners.

A few of the major injuries resulting from poor stretching and training habits deal with muscle groups in the legs and back. Many problems in the achilles tendon, which is the connection between the heel and the most powerful muscle group in the body, the calf muscles, can disable even the best of runners. Common injuries associated with the tendon are achilles tendonitis, in which a tear occurs in the muscles approximately eight inches below the knee joint, and achilles tendon ruptures. Both of these injuries are usually compounded when runners continue to run with the injury, not knowing quite what it is they are dealing with. Any injury dealing with the achilles tendon needs immediate attention, as it can lead to diseases such as gout, tuberculosis and rheumatoid arthritis, according to Dr. Stephen Pribut.

Another common site for injury in the leg area is the knee. Runner's knee is the most common running related knee injury and can result in cartilage deterioration around the knee. If you have wide hips (female runners), pronate (rotate the middle area of the foot so your foot comes down on the inner margin) while running. If you have knock knees, you are especially prone to runner's knee.

Another region in which injury tends to occur in runners is the lower back. Many runners do not stretch the lower back properly before and after running. The most common site of injury to the lower back is the sciatic nerve that runs from the lower back down through

the leg. To prevent this type of injury, bent-leg sit ups are ideal.

The majority of running related injuries occurs from overtraining. Many runners try to increase their speed and/or mileage each week, or even worse, each day. The key to keeping yourself from overtraining is to keep easy and hard days intermingled with each other. One or two days a week should be kept for non-running (or rest) days. This allows our bodies to refuel and recuperate. Many doctors suggest keeping a running diary to keep track of how far you ran and the time it took you to run that distance. They should have a space in which to write how you felt throughout a run. This information can help you track the origins of overtraining.

One way in which you can safely increase your mileage is to increase by only 10 percent each week. Keep in mind that you should allow your body to adjust to this new mileage by dropping back in mileage slightly every couple of weeks. To safely increase your speed, try combining your normal run with a few short speed surges or some slight hill running prior to increasing your speed.

Another major cause of injury, and one which very few runners think about, is letting your running shoes wear out before you do. After about 350 to 550 miles, the shock absorbing quality in your running shoes diminishes enough to make your shoes detrimental to your feet, –your best running friends.

Not stretching properly before and after running is something that will only make previous injuries return, prevent old injuries from healing, and promote opportunity for new injuries.

It is said that not stretching at all is the major cause of injury, when in fact, there is such a thing as overstretching a group of muscles which could result in injury as well. There are two types of runners who report running related injuries more than others, those who neglect stretching as part of a daily routine and those who overstretch.

A good time to start stretching is when you are healthy. Do not begin stretching routines when you are already injured as this can increase the extent to which your injury affects you. Stretching an injured group of muscles could tear the muscle or tendon fibers even more and cause your injury to become a chronic problem. If you experience an increase in the level of pain after stretching, you are probably on your way to injuring the muscles even more.

A specific method of stretching, which is recognized by Dr. Stephen M. Pribut, Vice President of the D.C. Podiatric Medical Association is the Hopeful Four, Plus One method. In this method of stretching, Pribut recognizes four basic stretches that should not be ignored by any runner, and one more stretch to perform if you have runner's knee. The stretches are explained below:

Wall Push Up: The achilles and calf muscles are stretched one leg at a time by standing with the rear foot two to three feet from the wall. Keep the rear leg straight and the front leg bent, your hands touching the wall. Keep your feet pointed straight ahead with your heels remaining on the ground at all times. Hold this position for 10 seconds, switch legs, and repeat this 10 times.

Hamstring Stretch: Straighten

one leg and lock the knee. Place this leg on a foot stool. Bend your body from the waist, bringing your head toward your knee. Hold this position for 10 seconds, switch sides, and repeat 10 times.

Knee Clasp: Lie on a firm surface (grass or a carpeted floor work best), and bring both knees to your chest. Hold this position for 10 seconds and repeat five times.

Bent leg Sit Up: Lie on the floor

with knees bent. Gradually sit up, as opposed to thrusting your body forward, and repeat this 20 times.

Straight Leg Lifts: Lying on the floor, flex one knee to a right angle and lift the other leg rapidly to anywhere between a 30 and 60 degree angle. Lower and repeat 10 times. Switch legs, repeat five times and work up to 10 sets of 10 repetitions.

These stretches, in addition to your regular stretching program

should keep you injury free or at least lessen your vulnerability to injury of the lower back, knees, shins, hamstrings, calves, and other major muscle groups.

Stretching should be a very important part of every runner's running program. If you adopt a stretching program to complement your running program, you will be one step closer to being able to run all winter injury-free.



Knee Clasp



Wall push up

WHO IS... Brenda Artman

Brenda Artman came to BCC in April of 1990 to work part time in the Education Opportunity Program. Four years later she had three kids in college and needed full time work.

"I wanted something to do with the students because that's what I was doing with EOP," Artman said, and took the full time job as Secretary of Student Activities. Full time is really an understatement.

In fact the term 'understatement' is an understatement.

Artman will be the first to point out she doesn't do the job by herself and it is after all her job, but in addition to doing the typing and answering the phone, Artman oversees nearly 50 clubs. She handles their budgets, coordinates club trips and guides the student directors through necessary paper work.

She compiles and updates a housing list for students not living at home, maintains the events calendar on the web site and proofs the student handbook, making

sure all the events are listed on the right days.

Then there's all the activities. Along with Dave Massler, Director of Student Activities, she helps coordinate and organize the common hour activities, such as the recent pie eating contest and Halloween costume contest. She sees to it that Student Activity Day, Family Day Orientation, and the Arts Festival all run smoothly. The Giving of the Toys is the next project. You can read about that in this issue under

the headline 'Santa start your reindeer.'

Brenda answers approximately 15 million questions a week, (half of them from the Hornet office alone,) and points students and faculty alike in the direction they need to go.

Artman has a son in medical school, a son at Ensco as an engineer and a daughter who is a substitute teacher. With a sixth grader and eighth grader still at home it would seem she gets enough exer-

cise but she eats her lunch on the run and on her lunch hour, she walks to get her daily exercise.

Brenda Artman is a people person who needs to work with people directly. No "shuffling papers" for her. Artman says she has looked around campus at, and been offered, other positions, but as she says, "I'm happy right where I am." That is best for all of us. Now you don't have to ask. "Who is Brenda Artman?" You know.

From F to A the Learning Assistance Center Can Help

BY GROVER CRAIG
Editor

No matter where you are on the academic scale the LAC in the Library building has something to offer.

The Math Lab is staffed by the math department and professional tutors who can help you from arithmetic to calculus. The Lab is located in the basement of the library and is open daily for everyone for as often and as long as they need it.

The Writing Center has peer and professional tutors who can assist you with any writing project, including term papers, research pa-

pers and those pesky essay questions on exams. Even if you just want to discuss something you've written outside of coursework, some one is there who can help you.

In the Reading and Study Skills Lab you can learn to read more rapidly with better comprehension, improve your vocabulary or gain better retention of ideas and concepts. You will also learn study skills and techniques to enable you to work through complex assignments with efficiency and confidence.

The LAC is always looking for Peer Tutors. Students seek tutors to keep from failing, to improve a

grade or to gain more understanding of a subject. Qualifications for becoming a tutor include an over all GPA of 3.0, at least a B+ in the course you would like to tutor and a faculty recommendation.

Becoming a tutor has some ad-

vantages. First of all it pays \$5.50 an hour, but they are trying to get more. Second, there is a great deal of gratification in passing on your knowledge. Third, it is also a learning experience for the tutor. Nothing will test your knowledge

of a subject better than explaining it to some one who doesn't understand it.

I am speaking from experience. I am a tutor.

Go to the LAC and become a tutor.

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DIRECTIONS:
Fill each square with a number, one through nine.
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• Vertical squares should add to totals on bottom.
• Diagonal squares through center should add to total in upper and lower right.

Today's Challenge
Time 13 Minutes
9 Seconds
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Learn Microsoft Word

Want your Professors to really notice your papers?



Want to learn how to write professional looking Documents?

Then come to LAC on 11/29/2000 at 2:00PM

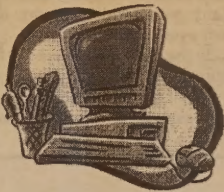
A workshop will be held on using Microsoft Word

Learn:

- How to create professional looking documents
- How to insert images, charts, tables, or pictures into your document
- How to e-mail your documents
- Text editing
- Font editing
- And many more

Come prepared to ask your own questions.
Come to improve your word processing skills.

Learning Assistance Center 11/29/2000 2:00PM



Learn How to E-mail

Can't quite get the whole e-mail thing?
OR
Want to learn some new things about e-mail?

The Answer is here

Workshop on Using E-mail
When: 11/30/2000 At: 3:00PM
Where: Learning Assistance Center(LAC)

Learn:

- How to set up your e-mail account
- How to send and receive messages
- How to check for new messages
- How to send e-mail with attachments
- How to open e-mail with attachments
- How to use your address book and other built in tools
- And lots more!!!

Come with your own questions.

COMMENTARY

A Front Row Seat at History in the Making

BY SARAH MEDVE
Assistant Editor

Tuesday, November 7 was the deadline to choose the lesser of two evils. A negative way of looking at elections but it seemed to be the attitude of the public this year. As a reporter I was ready to interview the student body Wednesday on the results of the elections, whether they were disappointed or not, but woke up to discover a lack of a winner. Instead I am informed that Florida has to do a recount. Rumors are flying about lost votes, a missing box of ballots, and that the butterfly ballot was a scam.

How does our student body feel about this? A majority felt distressed that our system was not pulling through for the most important election, the choice of who will run our country for the next four years. There are concerns recounting will not fix the bungled up job. Some thought the entire state of Florida should revote. Yet would voters cast the same ballot in a revote? Others seemed more annoyed at the media.

They felt this scandal was blown out of proportion and the hype caused by the media was slowing down the government's recovery process. Since the race was so close, a few felt it is a good thing the country is being particular for recounting to choose the correct winner. One person was worried about the view of other countries.

"The world is watching and waiting to see how we handle this situation and that our process remains democratic." He said. How can we gain respect from other countries when we have difficulty practicing what we preach?

The general population of the student body is hoping this incident is for the best because they want the election system changed. Many believe the Electoral College is an outdated system and are supporters of the popular vote system, which would count the individual vote as opposed to the state having the final say. So perhaps there is a pot of gold at the end of the rainbow, but first we have to go through the rain to get there.

LETTER TO THE EDITOR

'I truly felt his pain'

To the editor:

October 11th was coming out day. It was meant to be a day of promoting awareness and acceptance of the Gay/Lesbian community with, dare I say, a little bit of joy and pride. The BCC Lambda Club with advisor Kathleen McKenna and myself (the straight allies) and members of the club hosted a table. With the rainbow flag flying high over the table we handed out flyers, pamphlets, magazines and books. All those plus free candy and a lot of courage and enthusiasm.

There is a huge difference between feeling empathy and feeling the pain.

Within the first hour of the four I was there, I had already heard some true and faithful Christians tell me I was going to hell, a few guys who suggested 'one date with me, honey, and you'll change your mind, the requisite, 'I have a friend of a friend who is gay' so be sure you notice I'm progressive and the gratefully small congregation of "Quien es mas macho" competing with one another to see how many times you could use "***** faggots" in a sentence.

There were also one or two faculty members who remarked, "Things are changing. Don't be impatient, twenty years ago you wouldn't have been allowed a table here."

To be fair, there were a number of heart-warming encounters from genuine people who care and a few people who will get up the courage to come to a meeting. But here in this small town and small campus, probably half the population cut a wide swath to avoid the table. Many more walked away faster with eyes averted.

By the end of the day, I felt like a contagion. Even as a white woman I had felt condescension in my life, I can say with conviction, I never

felt like this. I very personally felt heart-wrenching disdain and disgust delivered unto me by my fellow man, even if by proxy.

I have been known to say, "this I do in honor of him." My son, of whom I am grateful every day I am here and have the privilege of knowing him, the honor of standing by him and the indescribable joy of feeling our mutual and enduring love, is gay. He is one of the finest people I know.

So today when I took the slings and arrows normally meant for him and others like him, for the first time, no matter how much empathy I have felt, I truly felt his pain. I came home wanting to cry. Not for me but for the enormity of the history of suffering endured by all minority groups.

Today, in particular, when even the sun decided to come out, it was hard to maintain in the brutal, ugly face of man's inhumanity to man. And this was for only four hours.

I want to offer an apology as representative of my "side" (for what it's worth) for the life never quite lived in freedom and joy; the

life taken away before it has a chance to begin. And I want you to know it is a sincere apology. Felt long ago and far away, when a disabled housewife heard her child crying in the darkness. A time when she found the best thing she could do was return to school and pursue an advanced degree in Human Services; to put my money where my mouth is.

Those of you who are buried in mountains of school work, dredging up the courage and stamina to get through school; I think I know how you feel. As for today, in that respect, I have truly felt your pain.

Today I learned only an inkling of something they cannot teach you in school; what it feels like to be feared and loathed. And also to bask in the occasional sunshine of the real humanity that is our there if it is only allowed to shine forth.

I just wanted you to know. I am genuine. I am real. I am here for the duration.

Whatever it takes.

In love and honor of Mikey,
KYLE WEBB

EVENTS CALENDAR

FOOTLOOSE, a musical presented by the Broadway Theatre League

Broadway Theatre League presents *Footloose*, the musical, on Sunday December 3rd at 3:00 and 8:00 PM. Broadway has converted one of the 80's blockbuster movies into a song and dance with new lyrics and compositions. Tickets are priced at \$42.50, \$35.50, \$22.50; all seats are reserved and go on sale Monday, October 23rd at the Arena Box office and all Ticketmaster locations.

THE VAGINA MONOLOGUES - calling for performers - try outs Nov. 19

Actresses wanted for February 2001 performance of Obie Award winning play, "The Vagina Monologues". Last years sell-out performance received local, statewide, and national attention. We need you! Come to the Little Theatre on campus on Sunday, November 19. For more information call Irene Byrnes at 778-5311 or Celeste Abbadessa at 729-6783.

A Dickens Christmas at SUNY Cortland

Join Bill Whiting for a Dickens Christmas, held at SUNY Cortland on Saturday, Dec. 16, from 5 to 9 p.m. Sponsored by the Center for Continuing Education, "A Dickens Christmas" evening will begin with a talk and readings by Mr. Whiting from several of Dickens' works. He will concentrate on *A Christmas Carol*. After the lecture, the class will enjoy a dinner much like that enjoyed by the family in the Dickens story, including a goose and plum pudding.

For more information, or to register, call the Center for Continuing Education at (607) 753-4214.

The deadline for reservation is Dec. 8.

Tartuffe Dinner Theatre Scheduled

The Center for Continuing Education at SUNY Cortland is offering an evening of theatre talk, dinner and performance in conjunction with SUNY Masquer's production of Moliere's French classic drama "Tartuffe" on Saturday, Dec. 9.

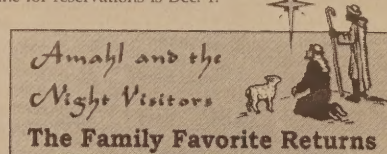
Tartuffe is a comedy about a hypocrite who worms his way into a rich Parisian family and nearly takes them for all they are worth until he is done in by the clever wife.

Tom Hischak, director of the play and professor of performing arts at SUNY Cortland, will talk about the challenges of creating the style of Moliere's 17th Century drama on today's stage using period costumes and wigs.

After the talk, the class will enjoy a dinner of fine French cuisine. After dinner, participants will attend the production in Dowd Fine Arts Center.

For more information or to register, call the Center for Continuing Education at (607) 753-4214.

Deadline for reservations is Dec. 1.



Amahl and the Night Visitors
The Family Favorite Returns

AMAH AND THE NIGHT VISITORS presented by Tri Cities Opera Center

Gian Carlo Menotti's classic *Amahl and the Night Visitors* returns to TCO's Clinton Street Opera Center in December. This timeless opera for young and old alike tells the story of a young crippled boy and his mother who meet the three kings following a wondrous star.

Amahl is scheduled for 7pm on Friday, Dec. 8; 5 and 7pm on Saturday, Dec. 9; and 3 and 5pm on Sunday, Dec. 10. Admission is just \$13 for adults, \$7 for children 12 and under with special discounts for seniors and students.

Order your tickets in advance; this holiday classic always sells out! Time Warner Cable, WSKG FM and Colombian Financial Group sponsor Amahl. For tickets call the TCO box office at 722-0400 weekdays 12:30-5pm.

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27	13	12	30	21	

Binghamton is now accepting transfer applications for the Spring Semester of 2001 in the following programs of study:

**Liberal Arts & Sciences/Nursing/Engineering/
Computer Science/Economics & Finance/
Human Development & Criminal Justice/
And Many More!**

On-Campus Housing Is Available!

For more information or for an application, call us at 607-777-2171 or email Brian Hazlett, Transfer Coordinator at bhazlett@binghamton.edu

Apply Today at: www.binghamton.edu!

Jazz Ensemble to Present Fall Concert

The BCC Jazz Ensemble will be tuned up and ready to swing Thursday night Dec. 14 at 7:30. The guest soloist this year will be Ingrid Jensen. You can read her profile below.

Jensen brings her music to Little Theatre stage

In a field dominated by men on an instrument played by only a few women, Ingrid Jensen can play her trumpet with anyone and everyone. The ones with whom she has not played become fewer and fewer.

In addition to her own bands, Jensen has worked with the Mingus Big Band, the Victor Lewis and Marc Copeland quintets, DIVA, Gary Bartz, Bill Stewart, Ethel Ennis, Virginia Mayhew, Clark Terry, and local successes, pianist, Dena DeRose, and drummer, Sherry Maricle.

She is currently under contract with German record label, Enja.

A native of Vancouver, British Columbia, Ingrid's first album, *vernal fields*, won the Canadian Juno award for "Best Mainstream Artist of the Year" in 1995. She received her music degree from the Berklee College of Music in Boston. Jensen was also professor of jazz trumpet

In the past guest artists have included, trombonist John Mosca, saxophonists, John Oates, George Garzone and Bobby Milatello, and trumpeters Greg Hopkins and Byron Stripling.

and big Band at the Bruckner Conservatory in Austria; artist in residence at the Berlin Hochschule and the New World School of Arts in Miami. She was also selected by *Downbeat* magazine as one of the top 25 most important improvising musicians of the future.

Jazz pianist, Marian McPartland said "Ingrid plays trumpet and flugelhorn with the brilliance and fire of a true virtuoso, following the spirit of the muse as she creates" ... her music is "warm, sensitive, exciting and totally honest."

She has taken her music to Europe, North America, South America and Asia. Now we are honored that she will bring it to Binghamton. Don't pass up the chance to see her. She will be performing with the BCC Jazz Ensemble, Dec. 14 at 7:30 p.m. in the Little Theatre in the Student Center on the BCC campus.

Director of the Jazz Ensemble for the past three years is trumpeter Chris Weber. For the past 22 years, Weber has been in the music department at Union-Endicott High School. He has also played with

the Sammy Kaye Orchestra and currently plays with the Binghamton Philharmonic and Classy Brass.

In addition to playing Weber is an NYSSMA adjudicator and is the

School Music News Editor for Instrumental Jazz.

Weber succeeds Trombonist, Jeff Marsha and alto saxophonist, Vinnie Piniella as director of the Jazz Ensemble.



Ingrid Jensen

SPOTLIGHT ON SPORTS

The Battle for New York: Fundamentals vs. Inexperience

BY DONALD REPETTO
Staff Writer

Last week, for the first time in over 44 years, two New York baseball teams squared off in the World Series. The stars have to align up perfectly for such an event, and this is the year it all took place.

The New York Mets won the National League Pennant by defeating the St. Louis Cardinals four to one in the best of seven series. The New York Yankees defeated the Seattle Mariners four games to two in the best of seven series to secure the American League Pennant. Next stop was the Subway Series between the two ball clubs from New York. For the next week and a half, all eyes would be on the "City that never sleeps."

Being a huge Yankee fan, I had never before felt more pressure for my team to win the World Series. Beating the Mets would allow bragging rights to the city for a long time, and losing would leave years upon years of torment from those pesky Met fans.

The Yanks had won the Series the past two years, and again in '96. This is the one that mattered most. This one was for the whole bag of marbles. I was never more nervous, yet so confident for a series of baseball games in my entire life. From the first pitch on, I knew that every game was going to be a nail-biter.

Game 1 of the World Series ended in the 13th inning, the longest World Series affair ever. Jose Vizcaino hit a single down the line scoring Tino Martinez to make the Yanks winners of Game 1. The game was close throughout all 13 innings, and the Yankees squandered numerous scoring opportunities later in the ball game. Finally, the Yanks prevailed in a must win first game. This was a crushing blow to the Mets because they were leading in the bottom of

the ninth, until their closer allowed a Yankee run to score, thus tying the game at three. This was going to be an excellent yet tense series to watch for either team.

Game 2 will forever be known as the Roger Clemens Incident. In the first inning, after a much anticipated match up between Met catcher Mike Piazza and Yankee pitcher Roger Clemens, things got a little crazy. Earlier in the season, Clemens threw a pitch up and in on Piazza, hitting him in the head and knocking him unconscious. The Mets were angry, and promised revenge. So here we are, second game of the World Series, and Piazza steps in the batter's box to face Roger Clemens. A few pitches in, Piazza swings, shatters his bat, and the splintered bat head travels right at Clemens. The Yankee pitcher catches the bat head, and fires it down the first base line, directly at Mike Piazza. The two exchanged words, benches were cleared, and that was that. The rest of the series would unfortunately be remembered for that silly and thoughtless act. But there was still plenty of baseball to be played.

The Yanks again went on to win Game 2, doing so in unlikely fashion. After having more than a comfy lead in the bottom of the ninth, with the score 6-0, the Yank's bullpen self destructed. Jeff Nelson gave up two runs on three hits in a third of an inning, and then Mariano Rivera, usually unhittable, gave up a three-run home run to Jay Payton, the Mets number eight hitter, to cut the lead 6-5. Rivera then struck out the next batter to secure the Yankee win. It was the definition of: sitting on the edge of your seat!

We were sitting pretty, however, being up two games to nothing against the Mets heading to their home field, Shea Stadium. Two more wins, and we were the champions of baseball, and more importantly, champions of New York.

The third game of this World Series was a match up between the Yankee right hander Orlando (El Duque) Hernandez, versus Met righty Bobby Jones, a native of Binghamton. The odds were definitely in the Yankees favor, but things aren't always as they seem. That's why all games are played on the field, and not on paper. The Yanks got ahead early, but were battled tough all game by the determined Mets. Finally, the Metties landed a powerful blow. In the bottom of the eighth inning, Benny Agbanyi hit a two out double to left field, scoring the eventual Met-winning run. The series was now two games to one, in favor of the Yankees. Nevertheless, the Mets were right in the thick of things, breathing down the Yank's neck. This was not going to be an easy series. Game 3 would be the most important game of this young series, and would require both teams to pull out all the stops. That was exactly what happened.

Despite all the hype surrounding the cock but talented Mets, they still had to come out and rise to the occasion. Beating the defending world champions is tough enough, but with your backs against the wall, it seems like a formidable task.

Game 4 of the World Series closely resembled a chess match. Each coach making moves and substitutions, tried to outwit one another. Yankee manager Joe Torre versus Met manager Bobby Valentine. The Yankees drew their offensive explosion from 26 year old heartthrob of New York, Derek Jeter. The bullpen was phenomenal, and each at bat was a struggle against wills, knowing how much this game meant to both sides. The Yanks beat the Mets by the skin of their teeth, 3-2, and now led the best of seven series three games to one. One more win would make the Bronx Bombers champions again.

Two of the league's premiere left-handed pitchers duelled in one of the most epic games in recent World Series history. Andy Pettitte of the Yankees and Al Leiter of the Mets battled in Game 5 as if their lives depended upon every pitch. You could tell early in the game defense would determine the winner of this contest. On the first pitch of the night, Derek Jeter drove a monster shot out of the night, Derek Jeter drove a monster shot out into the bullpen in left field. The Met crowd was simply stunned. Behind a superb outing from Leiter, the Mets began to settle down.

As pitching change after pitching change was made with the game knotted at two, you could see the concern on the faces of both managers and players. Everyone knew just one run could be the difference in the ballgame. Finally, in the bottom of the ninth, with two outs and a runner on first and second, Luis Sojo drove a single through the middle, driving in runner Jorge Posada. It was one of the most clutch hits I have ever seen. Not only was the hit placed perfectly between the middle infielders, but it was hit by a role player off the bench. The Yanks scored another run, and were three outs away from another World Series victory. Mariano Rivera, the closer, made sure of those three outs, and after the third, it was time to celebrate.

The New York Yankees were Champions of the World! All the hard work and dedication reaching all the way back to spring training in February had paid off. More importantly, the Yanks had beaten a team from New York, giving them the throne of the city. All was well in New York, at least if you were a Yankee fan.

The parade through the Canyon of Heroes on Broadway was held for the champs on Monday, to celebrate their amazing victory. All

athletes agree that New York is a tough place to play, but winning in New York is like no other. No one can throw a celebration like New York City. The ticker tape parade has become a tradition for the Yankees, and any other winning professional team in the city. Thousands upon thousands of people came out to patronize their winning team, throwing millions of pounds of confetti and ticker paper.

After an off regular season for the Yanks, many people counted them out, saying that they were too old to win another title. All the questions and concerns were put to rest with that final out. The Yankees have built a dynasty in a sport where it is extremely tough to make the playoffs in back to back years, never mind win four championships in five years. Just when you think they don't have it in them anymore, the Yanks come charging back. They live for those October nights, and no one can take away what this franchise has accomplished. The Yankees are Champions of the World, and more importantly, champions of New York.

Yankee baseball is one of the most prized franchises in all of sports. They have won 37 Pennants, and 26 World Series rings. No team in all of sports has any resume that could compare with those numbers. Yankee baseball is about tradition, and they have plenty of it. Some of the game's most beloved players were Yankees, including the pioneer of baseball himself, Babe Ruth. You don't realize how special a ballpark Yankee Stadium really is until you enter that tunnel, and walk out and see this beautiful ballpark, which will bring tears to your eyes. The mystique, the pride, the tradition, and simply the love of the game are what make Yankee baseball such a joy to behold.

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